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No. 5-6

# THE DENTAL ASSISTANT



JOURNAL OF THE AMERICAN  
DENTAL ASSISTANTS ASSOCIATION

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# THE DENTAL ASSISTANT



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# Today's Dental Assistant

(An abstract) by LLOYD H. DODD, D.D.S.

*Delivered at the Annual Meeting of the Illinois State Dental Assistants Association,  
Chicago, Ill., February 21, 1943*

A GREAT one has said, "Right motives give pinion to thought and strength and freedom to speech and action".

Right motives should govern the actions of all of us, especially during these days in a war-torn world.

Today's Dental Assistant should be cognizant of today's trying times when her employer is working under tension and all that she can do to lessen that tension is certain to be beneficial to her employer, herself, and the patients in our practice.

Many assistants are leaving for other types of work and to those of you who are contemplating this action, I would suggest you read the article written by your President, Dorothy Lickiss, on page 11, January-February issue of THE DENTAL ASSISTANT. Her reference to "The House of the Golden Windows" is especially significant at this time.

The value of your assistant's organization cannot be over emphasized and remember you get out of your society about what you put in. I like to remember the epitaph which Doctor F. E. Roach told me he would like to have inscribed on his tombstone and it goes something like this: "There is a destiny that makes us brothers. None takes his way alone. All that we send into the lives of others, comes back into our own."

Among the important duties of today's dental assistant are accurate book-

keeping records and checking your credit rating bureaus relative to new patients.

With ever-increasing taxes and additional office expenses, it behooves us to keep accurate records.

Credit ratings are essential now more than ever. Business men tell us, "that a business too small to protect is too small to exist".

Dental Health Education is, in my opinion, one of the most important subjects with which we have to deal today and you as assistants have a marvelous opportunity to aid in this great undertaking.

Children are our most receptive patients along this line and the practical benefits for the physical, mental and cultural welfare of the child through education should be stressed at every opportunity.

Courtesy, kindness and the smile are among the prerequisites of a successful practice and you as assistants should be ever mindful of these.

Let us remember the Golden Rule in dealing with our patients. Let us also remember that you as assistants are an integral part of a great profession, one of the finest on earth, and certainly one of the most indispensable professions in existence.

In closing let us keep in mind the following A-B-C's:

Always Be Competent

Always Be Clean

Always Be Courteous

Always Be Conscientious

860 Citizens Building,  
Decatur, Ill.

# The Dental Assistant As A Practice Builder

By FLORENCE WOOD

THE Dental Assistant can be a vital factor in the successful conduct of her employer's practice, providing she has the necessary courage and enthusiasm.

It is true that some dentists, by their own initiative, prove that dentistry can be both a profession and a business, but the average man is either so busy doing dentistry or else hasn't the patience for the thousand and one little things so necessary to success.

Most people will agree with me that *the real answer to a successful practice lies in the confidence the patient has in his Dentist.*

It is YOUR responsibility as a Dental Assistant to do everything you can to further this confidence.

## VITAL CONTRIBUTING FACTORS

It is needless to say, that your whole office must reflect good taste and perfect housekeeping;

That your operating room must be as sterile as a hospital;

That both the Dentist and his assistant should be immaculately groomed;

That you should be a good nurse with the ability to think clearly and obey orders quickly.

These are all important. Most offices realize this.

However, **SELLING** and **COLLECTING** are the keystones of any prosperous business. You will find that they are **MOST** important in dentistry.

## ETHICAL ADVERTISING

You can do a great deal to further your employer's interests and gain both friends and prestige for the office quietly but effectively in many ways.

Try joining a public speaking club and speak on dentistry occasionally.

A First Aid Class will give you practical knowledge that will help you to handle extractions, difficult patients, hemorrhages or prevent shocks.

If you do War Relief Work or Com-

munity Chest Solicitations, word soon gets around that you work for Dr. ——. You benefit and so does the Dentist.

## ESTIMATING AND EXAMINATIONS

Examinations are always done by the Dentist, with the assistant charting down on an individual chart the type of work, the location, the alternate type which can be used, etc. Any conversation relative to the patient should be jotted down. If the Dentist prefers it, you might take over from here to estimate, present and arrange for method of payment.

You must have a very clear picture of the proposed plan and the fee involved in each case.

## PRESENTATION

You are selling your patient something more important than an automobile or clothing. You are selling him **LONGER LIFE, HEALTH, AND GOOD APPEARANCE**. This is of extreme importance to him. Therefore, he is entitled to know just what Dentistry can do for him and the cost.

One of the pledges of the A.D.A.A. reads: "I will be Loyal to the Welfare of the Patient under my care and to the Interests of the Practitioner I serve." You are being fair to both when you present the advantages and disadvantages and the cost of each type of service rendered.

A capable dental assistant will learn and present clearly the different types of extractions. She will know the difference between a local or general anesthesia.

She will know the difference between the different kinds of restorations, the acrylics, the rubbers. She will know the difference between the different kinds of porcelain teeth. She will know a jacket from a Davis Crown, a bridge from a denture.

She will be able to show a patient his models and explain his X-Rays.



She can show him the result of keeping badly infected teeth in his mouth.

She can compare the different types of work that can be used in his case, explain why the Dentist prefers a certain one and then can discuss the fee involved.

After the type of work has been agreed upon we come to

#### METHOD OF PAYMENT

Plan the method of payment *NOW and before the work is started*. Bind the patient to the office with a deposit. You should not hesitate about this. You are selling him services that are vital and essential. These services have cost your employer many years of study and expense. Be businesslike here. The results will be a much more satisfied patient and a more contented dentist.

#### COMPLETION OF WORK AND COLLECTIONS

Assuming that the work has been completed to the best of the Dentist's ability, you will be much more successful if you can operate the office on a cash basis; that is:

Fillings and extractions—Cash when done.

Dentures and other types restorations—One-half when work is started, the balance on the day work is completed. Your patients will learn quickly and in most offices this is the best plan.

With your old patients, this may be a little difficult but it can be done. In that case, find out **TACTFULLY** how they intend to meet the obligation. Then it is up to you, the dental assistant, to see that it is met as agreed.

If the patient insists on budget payments, we recommend a bank whom we've found to be fair. If you sign a guarantee note, have the account insured.

Send your statements while the accounts are small and the services vividly remembered.

Never say "Any time will do" when asked about payments or "Oh, three fillings . . . \$5.00 is near enough". Do not cheapen your employer's services.

Give a duplicate receipt for all money received and state the balance clearly.

Say "Thank you" graciously or write it on your receipt. It pays big dividends.

#### PERFORMANCE

Tell your patient just what he can expect from his extraction . . . that there may be swelling or pain. Instruct him on the proper care of his mouth.

Be honest and tell him that he will require courage and patience at first to learn to use his denture.

He may need to have them reset if they are "temporary" dentures or if he has any abnormalities. They may hurt and need some adjusting. Above all, let him feel that he is welcome to come back if you or the Dentist can help him.

You will relieve your employer of many headaches and will come to know how much self satisfaction there can be in helping a person in distress.

#### RECALL SYSTEM

There is a gold mine in the recall system. Obtain the name and address of every patient who comes into the office, either for an estimate or services. At the end of four, six or eight months, send him a recall notice. Denture patients will appreciate a notice telling them to come in for examination if they wish.

Send a "thank you" card for any one referred by physician, patient or friend. Sign all letters with the Dentist's name. Don't ever forget it is *his* office.

After a difficult extraction, telephone and inquire about the patient's condition.

Be pleasant to everyone from your dental supply man (who, incidentally, can help you a lot) to your towel man. You'll be a much nicer person to live with and no one is interested in the D.A.'s troubles.

In closing, may I suggest that you be loyal, be efficient, give service and gain knowledge. Soon your appointment book will be filled with the appreciative type patient who is, after all, the Dentist's best advertisement. You will have instilled in the patient the belief that no one in the world is capable of such good dentistry as **YOUR** Dentist.

2½ Main St., Taunton, Mass.

# Conventions, At Home and Abroad

By LORETTA McCAGHEY, R.N.

President-Elect O. D. N. & A. A.  
359 Central Avenue, London, Ontario

Read before the Chicago Dental Assistants, February 24, 1943

Madam Chairman, Members of the Chicago Dental Assistants' Association, and Guests:

It was with a sense of genuine appreciation that I received the invitation to represent the Ontario Dental Nurses' and Assistants' Association at this meeting, and with distinct pleasure that I accepted it. I bring with me from Ontario to Chicago the most sincere good wishes to your State and members, together with the heartiest Godspeed to the undertakings of your organization. I am indeed grateful for this honor and shall do my best to fulfil the trust bestowed upon me. I do admit that my ardor had a momentary setback when I learned that I was to give a paper—but the setback was only momentary, I assure you.

For several years representatives of our association have attended the national ADAA meetings as well as the Chicago mid-winter meetings and the ADAA members have come on similar missions to Ontario. We feel that these contacts have done so much to create a friendship between these organizations that all members should be very much at home with one another. These meetings should be invaluable to our individual organizations; helping us to see each other's viewpoints and aiding us in the work before us—a work that is very important now, and promises to be even more so after this conflict is over. "War Job" may well be applied to the task of each and every dental assistant, who, in these trying times, finds herself doing more and more in order that her employer may adequately care for all the patients under his care.

We have known all along that conventions, as such, are of vital importance to those concerned but their stock has soared sky-high since Casablanca.

What was that if not the modern world's most memorable convention? All the essential characteristics were there:

1. It was a meeting of people deeply interested in a common cause.
2. They pooled their resources of knowledge, experience and growing ideas.
3. They came away determined to put to practice the resolutions borne of their mutual understandings and agreements,

## AND

4. They enjoyed each other's company. Weren't you glad that President Roosevelt and Prime Minister Churchill played backgammon as they smoked under those African stars?

Our problems are not as big as theirs, therefore our conventions are not given front page headlines but to us they are still very much worth while.

Conventions at home are work—conventions abroad are fun. Conventions at home are *work*. I wonder if those members who attend the convention without having taken part in its preparation fully realize this. They arrive each morning, sometimes a little late, pick up the programme, scan its contents to see what the day has to offer, and sit back to enjoy the activities.

Everything is fine and runs so smoothly that you would think it was all done with mirrors. Do these members ever realize the hours of planning—the work—the headaches—the disappointments behind it all—the time spent choosing even the cover of the programme—the shifting of practically everything on that programme because some speaker will be late arriving or must leave earlier than anticipated—the anxiety occasioned by the printer's delay until the last possible moment be-

cause someone changed his or her mind?

The strained look on the faces of those in charge of any convention is often caused by the fact that cooperation is lacking. Do not add to their worries. Do your part willingly and promptly, remembering that the success of any meeting is assured when each member does what is asked of her to the best of her ability.

And then, the Clinics and Papers—which are the backbone of any convention—do they cooperate when asked to present one? The research, study and preparation of a clinic is an education in itself. A clinician learns much more than do those who crowd around her seeking knowledge.

There are, of course, two ways of presenting a paper. One is to study the subject and present it in such a manner that all will benefit by it. The other is to let your personality overshadow the subject. I well remember at an Ontario convention three years ago we all agreed that one particular speaker was the hit of the convention. We were quite sure of *that*—but not one of us could remember what he talked about. However, so few of us are endowed with this gift, that it behooves the rest of us to present our subject in such a manner that each listener will obtain some knowledge from it.

Conventions abroad are fun—conventions away from home combine the elements of a busman's holiday and a vacation. Seeing new faces—studying the ways of others—gathering new ideas and planning ways and means of adding those ideas to one's work at home, make the attendance at a convention out of your district very much worth while.

Realizing the work involved but having none of the responsibilities leaves the visitor free to fully enjoy the programme. Hearing the reports of committees without having to sit up half the night to prepare them; enjoying the clinics and papers without having to keep your fingers crossed; taking part in the social activities without having to help plan them; renewing old friendships and making new ones—these are

among the privileges enjoyed by the visiting conventionist.

Conventions in wartime are different. Those attending welcome the respite of a few days away from a busy office. Meeting in a friendly atmosphere with all the facilities that the members enjoy produces real results. We go back to work with spirits revived and minds refreshed. In peacetime, permission of the Boss was all that was necessary to attend a convention. Now, after permission of said Boss has been obtained, transportation and hotel officials must be consulted. Across the border it is also necessary to obtain from the Government not only permission to leave the country, but also to bring those ever-necessary funds. However, it is worth it all!

All conventions are educational. The primary purpose of every convention is to make you a better dental assistant, that, being a better dental assistant you will be of more service to your employer. In order to contribute in some small way to the educational side of this convention I would like to give a ten-point programme to help you. This is two more than were considered necessary in the Programme for Peace outlined by the Atlantic Conference. I assure you that your life as a dental assistant will be much happier if they are properly interpreted, but much shorter if taken *literally*. Make your choice now—we have to have fun somewhere.

1. Do not be prompt at the office or punctual with appointments: one of the first lessons in the book is not to be a clock watcher.

2. Do not keep the office clean or present an immaculate appearance: if you have to work like a nigger you may just as well look like one.

3. Do not cultivate telephone personality: this voice with a smile stuff has been overdone, or be a buffer between Doctor and patient: let him take it, you bruise easily.

4. Do not anticipate the Doctor's

(Continued on Page 82)



# *The Education Of The Adult Patient* *By The Dental Assistant*

By EVA MAE DAY

The Dental Assistant must add to her already complicated role of officekeeper, nurse, receptionist, and secretary, the role of teacher. The education of the adult patient is not an easy one, but it plays an important part in the dental office.

Up to the 20th century, education meant formal instruction in the 3 R's and the classics. The mind was filled with an immense mass of facts which was supposed to be the storage material to be used in solving future problems. The claim was that a gradual development of mental powers according to the individual ability was the result.

Today we have discovered that during such a process the entire body, as well as the mind, undergoes certain changes and growth. Conditions directly influence the ability of an individual to not only learn but to apply the knowledge gained. Dental education guides the individual in his endeavor to influence the state of body reactions through hygienic habits and attitudes in the care of the mouth. So dental education differs from formal education. It is more intimate in its relationship to the individual because it not only imparts knowledge but influences behavior.

A sound health program aims to prevent sickness and suffering; its objective is to promote happiness and well-being; its problem is to arrive at ways and means of acquiring the benefits of health and thereby increase the value of life.

A dental health educator must have knowledge of dental problems and educational principles and the ability to apply such knowledge in effective dental health education problems.

The dental ills of the world will never be cured until the public is educated to take care of their teeth. This problem is not an easy one but is an individual

matter. No two patients are alike and their dental needs are not the same. The education of the adult patients to be effective is one of personal psychological approach which requires study, preparation, and tact.

We must seek to appraise the adult dental patient about certain facts concerning dental matters. These facts must have some application to the individual and must be interesting and full of meaning. The general material used for public education must be varied to suit individual needs and cases.

We must all agree that the responsibility for patient education rests primarily with the dentist. Naturally this educating business takes time, and dentistry is a time consuming vocation. The busy practitioner finds himself failing to do his full share of patient education because of a crowded schedule from day to day. The dental assistant has sensed this need and there is the general desire among the assistants to be of service in this respect. When the assistant assumes this responsibility the dentist efficiency and earning capacity are increased, particularly so if the assistant is vitally interested in his welfare and the constant improvement of his practice.

There should be no duplication of effort by the dentist and the assistant. The educational work should be carefully planned if the assistant is appointed to do part or all of it. Certainly there should never be any contradictions in the statements made by the assistant and the dentist. Theories should never be presented as facts.

Education to be effective and valuable presupposes a definite and wide knowledge of the subject on the part of the educator. It would be presumptuous on the part of the dental assistant to attempt explanations of the strictly scien-

(Continued on Page 78)

# *The Education Committee Presents:*

The Committee on Education presents the following report from the Los Angeles, Cal., Dental Assistants Association.

One of the aims of the Education Committee of the ADAA for the year 1943 is to help all component societies have better educational programs.

The Los Angeles Dental Assistants Association, in the year 1942, presented a very splendid program and have agreed to let us present their program to all of the groups through the Journal, in the hope that it might help and inspire you.

## REPORT OF THE PRESIDENT—LOS ANGELES DENTAL ASSISTANTS ASSOCIATION—1942

Fellow Members of the Los Angeles Dental Assistants Association:

You have given your president one of the most enjoyable years that she has ever experienced. The cooperation and loyalty of a marvelous board of directors, the fellowship of each member of this organization, and the friendships formed through work and close association, have given her something that time cannot erase.

Oliver Wendell Holmes said, "The great thing in this world is not so much where we stand as in what direction we are moving; to reach port, we must sail sometimes with the wind and sometimes against it—but we must sail, and not drift nor lie at anchor."

There was no drifting with Ethel King as Education Chairman. Her most interesting study clubs and lectures kept the members wondering how they could do Civilian Defense work and attend all study clubs; however, the splendid attendance and support from the membership at large was proof of her success. Many new members were added to the organization because of the opportunities offered through these well planned study clubs.

Four classes in nutrition were given gratis by Grace Hardgrove. These were followed by a group of seven talks presented by Doctors, a Physician, and other public spirited citizens on subjects pertaining to dentistry, civilian defense, chemistry and nutrition. Next was a series of X-ray classes presented by Dr. Ralph Stoker. Closing the year's study schedule was May Lillian Fox with three nights of personality developing, business letter-writing, and personal charm and poise.

### Chronological listing of programs for 1942:

- January—Mabel Lyon.....Conducted beautiful candle light installation service  
"Vera Dunn Clinic Trophy" was presented to the society
- February—Dr. Carl Moller....."Dentistry in Civilian Defense"  
Charlotte Zilla... "Points of Interest at the 4th Interceptor Command"
- March—Dr. Ralph Stoker....."A Study in X-ray Technique"  
Mr. Urell....."Dark Room Technique"  
Ruby Penoff.....Songs
- April—Doctors' Night.....A Group of Clinics
- Group 1—"Orthodontias".....Introduced by Ethel King  
"Chair Assisting".....Daisy Christensen  
"Models".....Violet Bonney  
"Child Psychology".....Ethel King
- Group 2—"Exodontia".....Introduced by Ruth Rackin  
"Sterilization".....Josephine Forker  
"Patient Psychology".....Emily Cyr  
"Time Savers".....Mary Baird

|   |  |
|---|--|
| Group 3—"General Practice".....   | Introduced by Vera Dunn  |
| "Your Shadow".....  | Kay Hemp   |
| "First Right Then Wrong".....   | Margaret McKnight  |
| "Silicates, Speed Is the Thing".....  | Marie Britt  |
| "Inlays, Watch Your Margins".....   | Ruth Handy   |
| Skit on "First Aid in the Dental Office"—   | Marie Rogers, Ann Coughlin, Claire<br>Sampson and Leita Atchley                    |
| May.....  | Mothers' Night   |
| Motion picture in technicolor and sound of Sun Valley.                                    |  |
| Elaine Broomfield—Toast to "Mothers".   |  |
| Mrs. Alden, Elaine's mother, sang "Little Mother of Mine".                                |  |
| Dr. Raymond Beebe—Magician.   |  |
| June.....   | All Clinic Night   |
| "Home Treatment"—Celia Carey.   |  |
| "Sterilization"—Josephine Parker.   |  |
| "Brighten Your Office"—Jean Sines.  |  |
| "Dime Store Needs"—Lawanna Kelly.   |  |
| "Strengthening That Weak Link—Cementation"—Elaine Broomfield.                             |  |
| "The "Vera Dunn Clinic Trophy" was awarded Jean Sines. Elaine Broomfield did not compete. |  |
| July and August.....  | Summer Vacation Months for LADAA Workers   |
| September.....  | Round Table Discussion Groups  |
| "Exodontia"—Dr. Borte Olson.  |  |
| "Orthodontia"—Dr. Ted Griffin.  |  |
| "Pyorrhea Surgery"—Dr. Edwin O. Carter.   |  |
| "Diet"—Dr. Robert Phinney.  |  |
| "Collections"—Mr. Ben Ferris.   |  |
| October—Mrs. Edwin Loeb.....  | "Red Cross Production"   |
| Dr. Henry Harris.....   | Represented the "Educational Division<br>of the Southern California Dental Society |
| Elaine Back.....  | Piano Solo   |
| November—Dr. Hugo Kulstead.....   | "Instruments and Nomenclature"   |
| Election of Officers.   |  |
| December.....   | Meeting Omitted  |

*E. McVay, Chairman,  
Coral Gables, Fla.*

## HOW TO RELAX IN WARTIME

The first step to take in keeping fit is to learn the art of relaxation.

An old Southern mammy explained her ability to work for long periods without undue fatigue in these words: "When Ah works, Ah works; but when Ah sits, Ah sits loose."

An acrobat gave another formula for relaxation when he said: "Be like an old sock."

Dr. Henry Link, a famous psychologist, points out that the reason we find it difficult to relax is because we do not get enough exercise. He says that we should use our feet more and our heads less. Instead of sitting and worrying about our troubles we should get out and walk around the block. The way to relax automatically is to become physically tired.

Walter Pitkin, who has written a book entitled "The Art of Relaxation," recommends what he calls "painful stretching." Lift your hands above your head and stretch until it hurts like the dickens.

An efficiency engineer suggests taking deep breaths at every opportunity.

*—The Hoover Sphere.*

## *Why ADAA Clinics and Poster Exhibits?*

When the first associations for dental assistants were organized some twenty-two years ago, the dentists for the most part were very much opposed to the idea; just as there still are some today in the various sections of the country. Albeit, the very first association, the Nebraska Dental Assistants Association, organized in 1917, had the full approval and cooperation of the dentists in Nebraska, as it was through a group of dentists that it had its inception.

We are glad to say that the opposition of members of the dental profession is gradually being overcome, through the patience and perseverance of the leaders of our various groups and adherence to good personal conduct on the part of the individual dental assistants, which seems to have been the one most serious problem we have had to contend with, even though there were few and scattered cases where this law was broken.

When the New York City Society was organized, among the very first groups throughout the country, its founder was very well aware of the antagonistic attitude of some of the members of the dental profession, and her great concern after organization was to find a way whereby the dentists might be shown that dental assistants' societies were not harmful to dentistry, but on the other hand could be very helpful, not only to dentistry as a whole, but also to every individual dental office, through educational means whereby the assistants could become more efficient, and better understand their service to humanity, through their service in their respective dental offices. So she conceived the idea of **SHOWING** the dentist what a capable dental assistant really could do to help him. She studied many plans and ideas and decided that if the dentists could see just what this capable assistant could do, the problem would be solved to a certain extent, and this was the birth of our clinic demonstrations as we have them today.

Securing the consent of the State Dental Society in New York was a difficult task, but the President and several members of their board were agreeable to the plan for the clinics and told them to go ahead. Which they did, and although they did not receive the permission of the board until the day before the meeting was to convene, they had everything in readiness and staged a group clinic showing every phase of service in a dental office. Two members were in charge of each section which covered "The Reception of Patients," "Secretarial Duties and the Business Office," "Operator Room Procedures," "X-ray Processing and Filing," "Orthodontic Assistance" and "Laboratory Assistance." This carefully prepared and carried out demonstration was voted the most interesting feature of that dental meeting and the President of the New York Education and Efficiency Society was given a place on the dental society program to explain in detail the aims, ideals, object and purposes of dental assistants' associations. Each year thereafter there was no trouble in securing permission to present clinic demonstrations for the annual dental meeting of the state.

Since the organization of the ADAA the same plan has been followed. The fine clinics presented by the assistants' organizations have done much to overcome the prejudices and objections on the part of some of the members of the dental profession; that is why the local and state groups are urged to present demonstration clinics before the dental societies in their respective cities and states.

With the same purpose in view, of securing the interest and support of the dental profession, the Founder of the ADAA after much hard work and many interviews with those at the head of the American Dental Association, finally secured permission for the ADAA to have space in the space al-

*(Continued on Page 85)*

# The President's Page

DEAR FELLOW DENTAL ASSISTANTS:

A few days ago I heard a story of an ancient city that employed a clever artist to create a statue of the most beautiful woman of the land. It was erected in the public square and stood there a thing of grace and beauty.

One day a little, ragged, unkempt girl came into the square and looked with admiring eyes upon the figure. Her dress was torn, her hair unkempt, her face dirty. The next day she came back and looked again at the figure and her face was cleaner. She came again and again and her dress became tidy and neat, and her hair combed. As the years went by and the girl grew to womanhood, it was said that she resembled in feature and form the lovely statue of the most beautiful woman of the land.

The influence of that inanimate thing left its impression upon the heart of that little girl as the years went by; she modeled herself after it and became like it. So it is with the American Dental Association. When we contemplate the great principles that underlie and support it, when we devote our minds to the beautiful teachings of our Founder Juliette A. Southard, the spirit and sentiment of them permeate our own being, and we, unconsciously perhaps, learn to model our lives more and more after them and become filled with the spirit that animates this fine organization.

The value of conventions comes from gathering together and learning to know splendid dental assistants from all over the country and as a group living and thinking and feeling the spirit that is the American Dental Assistants Association. Everyone who has ever attended a national convention experiences the same warm glow and goes home a much finer, more enthusiastic dental assistant.

The board is very happy to know that a majority of the constituent societies will put forth the effort to send delegates to Cincinnati in October and everything possible will be done to assure you a fine, thoroughly worthwhile program. This year it will be difficult perhaps from the financial standpoint to send delegates but we know that where there is a will there is a way and we are grateful for the will expressed by your splendid response.

Here is a little poem I found and it seems to have particular significance at this time:

"There are three lessons I would write, three words as with burning pen,  
In tracing of eternal light, upon the hearts of men.

"Have HOPE though clouds environ now and gladness hides her face  
in scorn.

Put thou the shadow from the brow; no night but hath its morn.

"Have FAITH where'er thy barque is driven, the calm's disport, the  
tempest's mirth;

Know this: God rules the host of heaven, the inhabitants of earth.

"Have LOVE. Not love alone for one, but man as man thy brother call,  
And scatter like the circling sun, thy charities on all.

"Thus grave these lessons on thy soul . . . FAITH, HOPE and LOVE  
. . . and thou shalt find

Strength when life's surges rudest roll, light when thou else wert blind."

Sincerely yours,

*Dorothy Lickiss Burks, President.*



# THE DENTAL ASSISTANT

VOL. 12

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No. 5-6

A JOURNAL FOR DENTAL ASSISTANTS DEVOTED TO THEIR INTERESTS AND EDUCATION

Bi-Monthly publication of the A.D.A.A. Journal for Dental Assistants Devoted to their Education and Interests and to the Efficient Conduct of Dental Offices. Publication of all statements, opinions, or data, is not to be considered as an endorsement of same by journal or its publishers.

## EDITORIAL DEPARTMENT

### *Spring Tonic*

Time was when our grandmothers—perhaps it was your great-grandmother—used to administer doses of “sulphur and m’lasses” come the spring o’ the year for the purpose of clearing the blood which became sluggish during the winter, and as a general spring tonic and pepper-upper. Today we take vitamins.

How’s your morale? Have the gremlins taken over your office and gotten into your hair? Is the pressure about to get you down? Has working in an office where there’s never a dull moment, and six things are continually happening at once, become monotonous?

Here are some golden tips for the banishment of gloom, jitters and depression. Vitamins for your morale.

1. Develop a talent for social circulation. Watch for chances to do something for others. You’re tired after your day at the office—pay a cheerful call on that friend in the hospital, anyway. Sit down, NOW, and write a letter to the folks back home, or to that soldier, or to the girl he left behind him—she needs cheering, too. Join a Red Cross class making surgical dressings, or learn First Aid. Live outside of yourself.

2. For that bored feeling—cultivate a hobby. Acquire increased physical well-being by participating in some form of healthful exercise or play; join a hiking or cycling club or a bowling team. Learn to make music, or join the Little Theatre Club. Get acquainted with the stars or birds or flowers; have a Victory Garden. Create something beautiful or valuable with your hands or mind.

Wilson Bentley, born in a little village in New York State in February, 1865, went to school until he was fourteen, then became dairyman on a twenty cow farm. During his leisure time, as a hobby, he began to photograph snowflakes. In 1884, at the age of nineteen he began making microphotographs of snow-crystals, frost-crystals and ice-crystals. At the time of his death in 1931 he had made two hundred perfect microphotographs of ice-crystals, six hundred of frost-crystals and over five thousand of snow-crystals. More than one-half of these are published in an album entitled “Snow-Crystals”. He was recognized as one of the greatest authorities on this subject and given a membership in the American Association

for the Advancement of Science and granted a fellowship in the American Meteorological Society. To such proportions can a little hobby grow.

3. Keep mentally alert; read with a purpose; gain the personality boost that comes from the joy of learning; don't let your mind go slack.

4. Give the spiritual side of your nature a chance to bloom. Saint Paul writes to his friends in the church at Philippi, "whatsoever things are true; whatsoever things are honest; whatsoever things are just; whatsoever things are pure; whatsoever things are lovely; whatsoever things are of good report—think on these things."

Alice Freeman Palmer had three points in her design for beautiful living: See something lovely every day. Do something lovely every day. Memorize something beautiful every day.

5. Strive for serenity and poise. With the world at war there is little of peace to be found unless you have it in your heart. John Oxenham in one of his beautiful poems, prays:

"Mid all the traffic of the ways—Turmoils without, within  
Make in my heart a quiet place, And come and dwell therein."

6. Keep your sense of humor alive. See the funny, sunny side of life. Surveys have shown that children who read the comics in the papers have better personalities than those who do not; make them a part of your daily reading. Share your jokes. Chuckle with others and at yourself. Court laughter, it will be good for your soul.

## *Vigilance Pays!*

A ghastly accident which happened recently in the office of a careful and capable member of the state society (Pennsylvania) should be a vivid and pointed reminder of the possible dangers of some of our equipment. This dentist was working on a woman, thirty years of age, when the telephone rang. He hurriedly hung up his handpiece and answered the call. When he returned to the chair he was horrified to see the patient sitting up straight in the chair with a number one bur that was in the handpiece, sticking up straight from the patient's head. The bur had penetrated about a half inch through the skull. In spite of the most skillful and careful medical attention the patient died in the course of a week. The only explanation that could be given was that the handpiece had slipped from the crotch and dropped on the patient's head; the drop of about eighteen inches was apparently enough to drive the bur through the cranium. The unit was opposite the center of the chair and the patient's head was in the head-rest at an angle of about seventy-five degrees, so that when the engine arm was raised about forty-five degrees the handpiece would be directly above the head of the patient. No suit was instituted as the family realized it was a highly unusual accident.

*(Reprinted from the February 1943 issue of The Pennsylvania State Dental Journal, by permission)*

A lad remarked to his father: "Dad, a lot of people are going to have a bad time in a few years trying to get along in a post-war world with a pre-war mind."

## Education of Adult Patient

(Continued from Page 71)

tific side of dentistry, and unfair on the part of the dentist to place this responsibility on the assistant. There is need for team work if education of the patient is to be effective.

There is certain subject matter which the assistant may cover in her efforts in patient education. In general she should confine her efforts in education to those facts about dentistry about which there is little dispute. These are simple, practical facts which are many and varied. The assistant must have a wide knowledge of the practical aspect of operative and restorative work and the material used. And then on the preventive side, the assistant should be familiar with all the practical means recommended today for cutting down the incidence of dental disease. She should know also the relative value of dental services and be prepared to discuss this subject intelligently.

The assistant should have a thorough understanding of mouth care and be able to instruct patients about tooth brushing and gum massage. Instructions should be done with models and charts and may be supplemented with any written instructions that are approved by organized dentistry. She should be familiar with the instruction ordinarily given to patients for home care after extractions and surgery. She should be able to discuss intelligently the problems concerning diet which are related to dental health, but the prescription of a diet should be given by the dentist himself.

The American Dental Association, through its Bureau of Public Relation, has a wide selection of material for the purpose of patient education. With steadily increasing vigor the A.D.A.'s program for Public Education has expanded year by year until now it may be said that at least a head start has been made towards their ultimate goal of "dental health through public knowledge." An abundance of material is available and with a little effort can be

made to fit the needs of any type of practice.

As a dental assistant, take a personal interest in your patients and you will find them to be very interesting. Do your work willingly and efficiently and employ tact and diplomacy at all times. Poise is very necessary. If you are curt in your attitude toward patients and lacking in diplomacy, you will never work hard enough to undo the damage you create.

Knowledge is one thing we can give away and still retain, and better still, become more wise by having spread it. By assuming much of the education of the adult patient the assistant will become a truly efficient and capable dental assistant rather than be just a "glorified office girl."

504 City Savings Bldg.,  
Alliance, Ohio.

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## LOYALTY

Times of unrest and distress bring a challenge for greater unity of thought and conscientious effort of every individual and organization. With this challenge before us it is fitting that our membership slogan for the year 1943 should be LOYALTY.

Every member should realize what a privilege it is to be a member of the A.D.A., and encourage each one to strive for a bigger and better organization. With the whole-hearted cooperation of every member we, as an organization, can grow to great strength.

Let us all strive to do our part to make this year a record year.

Julia C. Murray, Chairman,  
Membership Committee A.D.A.

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## PROUD OF IT!

Dr. Edward J. Ryan, speaking before the Chicago Dental Assistants' meeting recently, remarked following the Oath of Allegiance that Dental Assistants have paid this tribute to the flag down through the years, long before the country was at war, and that patriotism is no new thing to the Dental Assistants.

THE DENTAL ASSISTANT

# Class V-10 Hospital Corps Duty

Right now there is an urgent need for WAVES — (Class V-10) Hospital Corps duty. If you have had training or experience in the fields listed, you may qualify for enlistment in Class V-10.

Bacteriology—Biology—Chemistry—Clinical Laboratory—Clinical Laboratory Technician—Dental Technique (*Gen.*)—Dental Technique (*Presthetic*)—Dental Technicians—(*Mechanics*)—Home Economics—Medical or Dental Secretaries—Nursing (*except graduate or registered nurses*)—Occupational Therapy—Office Assistants (*Medical or Dental*)—Pharmacy—Pharmacists (*Registered*)—Physics—Physiotherapy—Physiotherapy Technicians—Practitioners or Assistants in Any of the Healing Arts (*except physicians and dentists*)—X-Ray—X-Ray Technicians (*Clinical*).

If you are now employed by a doctor who has been called, or is about to be called into the Armed Forces, we suggest that you visit your nearest Navy Recruiting Station for complete information on Class V-10, Hospital Corps duty.

You may know of other women who might be interested in this branch of the

service. May we have your cooperation in spreading the news about the Naval Hospital Corps?

Women who are enlisted in Class V-10 (General) will be ordered to indoctrination school. During their indoctrination training they will be classified according to their civilian activities. Upon successful completion of the indoctrination training, they will upon the recommendation of the Bureau of Medicine and Surgery, be rated Hospital Apprentice 2nd Class and ordered to Naval Hospitals for further training in the general duties of the Hospital Corps. After successful completion of the training courses in a Naval Hospital, they may be advanced in rating up to and including Pharmacist's Mate 2nd Class. Advancement will be determined by age, education, professional qualifications and suitability for the service. Further promotions will be on the same basis as for men.

Remember, girls, if the doctor by whom you are now employed has been called into the Armed Forces, we suggest that you look into the new branch of the naval service—WAVES or SPARS.

Tell your friends about Class V-10, Hospital Corps Duty.

## Helpful Hints

If phenol comes in contact with the tissues, remove quickly with alcohol to prevent burning. Bicarbonate of soda is also good.

The life of rubber parts on the gas machine can be prolonged by soaking them over the week-end, every other week, in a solution of four ounces of ammonia in a gallon of water.

Discolored or tarnished copper bands can be made to look like new by heating them to a cherry red, and then plunging them in alcohol.

If instruments are dipped in alcohol immediately before using, they will not stick to zinc-oxide, eugenol paste, or temporary stopping.

One-half of an ordinary sized envelope with a small hole in one corner makes an excellent funnel when filling the mercury container.



## Secretary's Corner

By AILEEN M. FERGUSON, General Secretary,  
709 Centre Street, Jamaica Plain, Mass.



### HONOR ROLL

SOUTHERN CALIFORNIA D. A. A.  
ILLINOIS STATE D. A. A.  
IOWA STATE D. A. A.  
KANSAS STATE D. A. A.  
MASSACHUSETTS D. A. A.  
NEW JERSEY STATE D. A. A.  
LEHIGH VALLEY D. A. A.  
SOUTH CAROLINA STATE D. A. A.

### HONORABLE MENTION

ALABAMA D. A. A.  
NORTHERN CALIFORNIA D. A. A.  
GEORGIA D. A. A.  
OHIO STATE D. A. A.  
OREGON STATE D. A. A.  
PHILADELPHIA D. A. A.  
PITTSBURGH D. A. A.  
SOUTH DAKOTA D. A. A.

**SECRETARIES:** The 1943 Program Questionnaire is to be returned to the ADAA before July 15. ADAA dues for your delegates and alternates who will represent your association at the Cincinnati meeting must be paid at least thirty days before the meeting. The Hotel Gibson has been selected as ADAA headquarters, make hotel reservations as early as possible for your delegates and members as facilities are limited. Our House of Delegates Meeting is to be held during the week of October 11.

Congratulations and best wishes to newly elected officers in the following societies:

**BERKELEY DISTRICT D. A. A. (N. Cal.)**—President, Florence Owens, 204 Bank of America Bldg., Berkeley; Secretary, Opal Anderson, 1498 Solane Ave., Albany.

**SAN FRANCISCO DISTRICT D. A. A. (N. Cal.)**—President, Eva Purcell, 760 Geary St., San Francisco; Secretary, Jane Ryan, 628 Butler Bldg., San Francisco.

**PASADENA D. A. A. (S. Cal.)**—President, Lois Couch, 417 Citizens Bank Bldg., Pasadena; Secretary, Evelyn Foote, 305 Professional Bldg., Pasadena.

**SAN DIEGO D. A. A. (S. Cal.)**—President, Catherine McClintock, 2972 Eagle St., San Diego; Secretary, Adalida Treganza, 25 Kemp, Lemon Grove.

**TRI COUNTY D. A. A. (S. Cal.)**—President, Ruth Paul, 3656 Ramona Dr., Riverside; Secretary, Virginia Riggs, 1371 W. 7th St., Uplands.

**FLORIDA STATE D. A. A.**—Secretary, Ann Kinard, 401 Exchange Bldg., Orlando.

**JACKSONVILLE D. A. A. (Fla.)**—President, Evelyn Jennings, 308 St. James Bldg., Jacksonville; Secretary, Marjorie Sallas, 333 St. James Bldg., Jacksonville.

**MIAMI DISTRICT D. A. A. (Fla.)**—President, Mary Fischer, 138 Alhambra Circle, Coral Gables; Secretary, Barbara Perry, Seybold Bldg., Miami.

**ORLANDO DISTRICT D. A. A. (Fla.)**—President, Myrel Arnold, 209 S. Orange Ave., Orlando; Secretary, Ann Kinard, 401 Exchange Bldg., Orlando.

**FIRST DISTRICT D. A. S. (Ga.)**—President, Helen Brooks, 536 E. Bolton St., Savannah; Secretary, Margaret Henry, 114 E. Jones St., Savannah.

**FIFTH DISTRICT D. A. S. (Ga.)**—President, Alta Harris, 464 Ashby St., S. W., Atlanta; Secretary, Jerry Kiker, 212 Masonic Temple, Decatur.

**SIXTH DISTRICT D. A. A. (Ga.)**—President, Annie Sue Jackson, 717 Bibb Bldg., Macon; Secretary, Virginia Collins, 605 Bankers Insurance Bldg., Macon.

**ILLINOIS STATE D. A. A.**—President, Mabel Fox, 503 Myers Bldg., Springfield.

**LOUISVILLE DISTRICT D. A. S. (Ky.)**—President, Lillian O'Brien, 1508 Bardstown Rd., Louisville; Secretary, Viola Spence, 3781 Southern Pkwy., Louisville.

**NORTH SHORE DISTRICT D. A. A. (Mass.)**—Secretary, Betty Wright, 70 Washington St., Salem.

**DETROIT D. A. S. (Mich.)**—President, Ivy Dobbie, 348 Moss Ave., Detroit; Secretary, Marion Kyser, 4219 Marlborough, Detroit.

**MINNESOTA D. H. & A. A.**—President, Lillian Rodamar, 2098 Marshall Ave., St. Paul; Secretary, Elsie Cornelius, 112 Cambridge Ave., St. Paul.

**ATLANTIC COUNTY D. A. A. (N. J.)**—President, Theresa Mahoney, 101 S. Victoria Ave., Ventnor City; Secretary, Mona Todd, 12 N. Sacramento Ave., Ventnor City.

**MONMOUTH COUNTY D. A. A. (N. J.)**—President, Laura Magee, 265 Garfield Ave., Plainfield; Secretary, Catherine Richmond, 84 Asbury Ave., Ocean Grove.

**PASSAIC COUNTY D. A. A. (N. J.)**—President, Bertha Scrivens, 10-11 Fair Lawn Ave., Fair Lawn; Secretary, Ruth Paterson, 69 Chadwick St., Paterson.

**ASHEVILLE D. A. A. (N. C.)**—President, Audrey Hill, Legal Bldg., Asheville; Secretary, Rossie Parris, 609 Public Service Bldg., Asheville.

**AKRON D. A. A. (Ohio)**—President, Merabell Miller, 283 Sixth St., Barberton; Secretary, Geraldine May, 43 Fulton St., Akron.



CLEVELAND D. A. A. (Ohio)—President, Phyllis Doody, 830 Hanna Bldg., Cleveland; Secretary, Ruth Miller, 14689 Euclid Ave., Cleveland.

DAYTON D. A. A. (Ohio)—President, Annette Hochwalt, 2067 Emerson Ave., Dayton; Secretary, Maude Knapp, 1022 Cherry Dr., Dayton.

NORTHWESTERN OHIO D. A. A.—President, Betty Brenneman, 903 Cook Tower, Lima; Secretary, Blanche Langan, 1405 Cook Tower, Lima.

STARK COUNTY D. A. A. (Ohio)—President, Helen Edris, 2816 Abbott N. W., Canton; Secretary, Katie Stafford, 819 Brant Bldg., Canton.

TOLEDO D. A. A. (Ohio)—President, Kathryn Wendt, 1021 Sylvania Ave., Toledo; Secretary, Helen Nuding, 3645 Homewood Ave., Toledo.

PHILADELPHIA D. A. A. (Pa.)—Secretary, Nancy Chalus, Chatham Ct., 49th and Locust, Philadelphia.

SPARTANBURG D. A. A. (S. C.)—President, Effie Harrison, 321 Wheeler St., Spartanburg; Secretary, Pat Newton, 306 Andrews Bldg., Spartanburg.

SALT LAKE CITY D. A. S. (Utah)—President, Helen Kotter, Medical Arts Bldg., Salt Lake City; Secretary, Stella Hughes, 510 Utah Oil Bldg., Salt Lake City.

WASHINGTON STATE D. A. A.—President, Becky Johnson, 509 American Bank Bldg., Seattle; Secretary, Thora Jordan, 411 Royston St. North, Seattle.

HUNTINGTON D. A. A. (W. Va.)—Secretary, Virginia Dunkle, First National Arcade, Huntington.

KANAWHA VALLEY D. A. A. (W. Va.)—President, Glenna Beaver, 311 Atlas Bldg., Charleston; Secretary, Sada Kelly, 704 Security Bldg., Charleston.

We regret to announce that the following societies have disbanded: LITTLE ROCK DENTAL ASSISTANTS ASSOCIATION (Ark.) and DURHAM DENTAL ASSISTANTS ASSOCIATION (N. C.).

EDITOR'S NOTE—Southern California State D. A. Assn. was unintentionally omitted from the Honor Roll in the March-April issue.

### SMILE

Life is long, and things go wrong  
And lunch is often bad;  
But I believe when others grieve  
The way to make them glad  
Is not to groan and weep along—  
To pull the fellow through—  
Just wear a smile, just laugh awhile,  
And make him laugh with you.

—Kiwanis Bulletin.

## Mother . . .

By KATHERINE EDELMAN

Of all the love that has been known  
Since time and earth began,  
Of all the faith that has been shown  
Since God created man,  
Of all the noble, stirring deeds  
That grace the written page,  
A mother's boundless love and faith  
Stand out through every age.

Her deeds have moved the sternest hearts  
To wonder and to tears,  
Her love has kindled faith and trust  
Through all the changing years;  
Her sacrifice, unselfishness,  
Her trust through praise or blame  
Have shined her in the hearts of all  
And glorified her name.

For though the world may frown or sneer,  
Though failure may be ours,  
Her love still folds, encircles us,  
A rosary of flowers;  
A comforting, sustaining force,  
A star that brightly gleams,  
That softens every care and hurt  
And shares our hopes and dreams.

### STATE MEETING ANNOUNCEMENTS

The South Carolina State Dental Assistants' meeting will be held at the Columbia Hotel, Columbia, S. C., May 10-11.

The Indiana State Dental Assistants Association will hold their meeting at the Claypool Hotel, Indianapolis, Ind., May 17-18-19.

The Calendar of Meetings having been discontinued, the Editor requests that secretaries of state and other constituent societies send news of their meetings to her. Material must reach her by the fifth of each month preceding publication, i.e., February, April, June, August, October and December.

# TALKING IT OVER

(This department is under the supervision of Edna M. Justice,  
631 Jenkins Building, Pittsburgh, Pa.)

We all admit this is a war of ideas. This is true of us as individuals as well as a nation. Our ideas, our attitudes determine and decide the victory. In our cry for manpower we are liable to neglect mind power. The boy and girl in service must be armed mentally. As dental assistants we know full well the importance of the mind and attitude of the patient. This can be just as well applied for those at the front and those at home. We can be saboteurs with our thinking as well as with our talking. "Thinking makes it so." Our thoughts are real things; they are powerful things. Thoughts are contagious. We can start an epidemic of courageous thinking or an epidemic of defeatism. Those about us are "mind readers". Your face tells your thought life.

"As a man thinketh, so he is." This is indeed a war of ideas, within each of us. These winged, unseen yet powerful factors are moulding life and deciding the battle. Each of us in the office working with patients have seen the proof of this truth. "It's not what happens to you, but how you take it." Dread and fear make the dentist's work much harder and many times keeps him from doing the quality of work he desires to do. Every condition we face, whether it is in the dental chair or the horrors of war—these are all determined by the world within us and not the world without us.

We have seen how a reassuring word will quiet a child dreading the dentist; we know our personality and words are a big factor in getting the patient in the proper frame of mind. This is our occupation, it's part of our job. Now, as American citizens, as mothers of the boys in service, as wives and sweethearts of those boys, we are going to have to be in the office of the world as assistants. Just as most people by their

dread make the call on the dentist much more distressing than is really necessary, so we may make this terrible war, just that much more horrible by mental conditions. Let's carry our occupation a step further and be assistants to all these patients and make their pain much less by taking foreboding fear and anxiety out of their minds.

Elizabeth M. Drennan,  
Sixth District Trustee.

## Conventions, Home and Abroad

(Continued from Page 70)

wishes: let him wait for what he wants—he'll appreciate it when he gets it.

5. Do not be too willing to take orders or to accept suggestions from the Doctor: the public will respect you more if you show signs of having a fully developed mind of your own.

6. Do not do any more than you have to, War or no War; certainly the Doctor is overworked but that is not your worry, he can't raise your wages—but he can't fire you, either.

7. Do not be considerate of the patients: you didn't send for them, and besides, if you cried with everyone you wouldn't last the day.

8. Do not pay any attention to professional ethics: if you want to discuss the Boss, your patients, or your business with anyone, feel free to do so—one of the biggest boasts of this country is free speech.

9. Do not cooperate with members of any dental assistants' association, or do any work in the organization: but feel free at all times to criticize anything the active members do.

10. Do not overestimate your own importance: the only day you become indispensable to the office is the day you ask for time off.

# About Clinics!

We Dental Assistants, Members of our splendid organization, the American Dental Assistants Association, are now being called upon to do our part to keep our local and state societies together.

As there is no finer way to keep the interest in our local and state societies than the presentation of clinics, exhibits and posters at our annual meetings, we call upon you now. . . .

We have a wonderful opportunity to show our ability; let's not pass it by. We know that each and every one of you is eager to do her part to help elevate the standards of our profession and to keep the interest of her fellow members.

Through visual education such as clinics, exhibits and posters, we can learn far more to help us in our daily work. The many short cuts (which are time-savers to our Doctors) can be easily worked out in clinic presentations.

**INFORMATION:** Your committee wishes to submit the following information:

**CLINICS:** All clinics should be limited to table demonstrations.

It is important that the clinician select her clinic demonstrating some phase of the work she does in the office. This is imperative so that we do not at any time infringe on the rights of the dental profession. Some states do not permit Dental Assistants to take X-rays. It is best to cover only one subject in presenting a clinic.

**IMPORTANT:** The professional appearance of the clinician is of great importance. A well-laundered long-sleeved uniform, white slip, white shoes and stockings and the official ADAA cap must be worn by the Dental Assistant. No jewelry, except the ADAA official pin, no bright colored handkerchief in the uniform pocket, no obvious cosmetics, and no bright colored nail polish are to be worn by the clinician. The official ADAA cap, model No. 155, may be purchased from Davison-Paxon, At-

lanta, Ga.; Halle Bros., Cleveland, O., and large stores in other cities.

All trade names, manufacturers' names, etc., must be removed or covered with white adhesive tape before your display of materials is placed on the clinic table.

It is advisable to have mimeographed copies of formulae or outlines placed on the clinic table for your audience. The clinician's address must not appear on these mimeographed forms although her name may be used.

Stress originality in working out your clinic presentation.

Clinics are judged on the following four points: Subject's value to dentistry, presentation, originality, and appearance.

**POSTERS:** Every constituent society is requested to submit a poster for the ADAA Scientific and Health Exhibit Booth. These posters should be 15x18 inches, made of cardboard and must be planned along the general themes of service by the Dental Assistant to the Dentist, preventive care, and patient's dental health. Posters in color attract more attention than those in black and white. Painted, crayoned, silhouette and cut-out posters are acceptable. Glass covered framed posters are not permitted. The name of your society must not appear on the face of the poster; it is written on the back. Be sure to have your mailing address also on the back of the poster. Do not use the ADAA emblem on your poster.

The Board of the American Dental Assistants Association has voted to hold a House of Delegates Meeting this year unless conditions make this an impossibility. It is imperative then that every society plan clinics now to present at the 1943 meeting. Let us make them the best clinics we have ever presented at our ADAA meetings.

In order to keep alive our motto, clinic presentation is vital not only dur-

(Continued on Next Page)



# Question Box

MARY BUIE SMITH

R. F. D. 2, Florence, S. C.

## LABORATORY HINTS

By Helen M. Ziehnert, Chicago Dental  
Assistants Association

A wooden box made out of an old cigar box cut down to half its depth, dividing same into two two-inch-square sections leaving one section the full width of the box makes a handy receptacle for gold ingots marking the various sections as to the types of gold ingots such as Dee 4 or Ney ora B, Williams No. 6 or Klondiker. After an ingot has been cast a No. 1 round burr can be used to mark the ingot.

Finished inlays can be placed in capsules with the patient's name and type of gold used; these can also be kept in the gold box until the patient's next appointment; bridges can be placed in horse capsules.

Four little bird seed dishes held together with plaster can be used for your small clippings of solder marking the dishes: 16, 18, 20 and 22.

Boxes or small bread pans with labelled index tabs soldered to the pan for holding the name cards can be used as individual work boxes.

A cotton roll dipped in hydrochloric acid is fine for removing excess cement from glass slabs followed by soda bicarbonate and rinsing in clear water.

A wooden spool placed on the tapered chuck and cut hexagonal shape as a vibrator is a useful implement.

A contact point is easily added to an inlay pattern without distorting the wax by adding sandarac varnish and drying before investing.

An excellent carving knife is made by cutting a corner off a razor blade and soldering it to an old instrument handle with soft solder.

A 16x30-inch plyboard can be used for hanging up impression trays; use 4-inch brass curtain rod screws 4 inches apart, allowing you five rows; trays can be arranged to the convenience of the office in which they are used.

Type a daily schedule of appointments and work to be done and place it in the laboratory, underscoring any laboratory work to be done with a red pencil. The same method is being used in some offices by using a blackboard.

An ordinary carborundum scythe stone can be used for filing a smooth surface on a porcelain pontic.

Double sprues for M. O. D. inlay wax patterns may be made of smooth clip wire, bending your wire in a V shape. This type of sprue can only be used in a sprue base having a large center hole filled with soft carding wax. To withdraw this type of sprue the wire must be clipped before withdrawing.

## About Clinics!

(Continued from Preceding Page)

ing our ADAA meetings, but at every local and state meeting. Therefore, in the interests of "Education, Efficiency, Loyalty and Service" we must and will carry on as our founder, Juliette A. Southard, would want us to, striving for a higher goal.

Our profession needs us now, and I am sure we can count on all Dental Assistants . . . in the north . . . in the south . . . in the east . . . and in the west.

Our very best wishes to all of you.

ADAA Clinics and Exhibits Committee,  
Eleanor Schumman, Chairman,  
1219 South 50th St., Milwaukee, Wisc.

THE DENTAL ASSISTANT

## TRIBUTE TO JULIETTE

The Kansas State Dental Assistants are planning a service in honor of Juliette Southard's memory at their meeting, which takes place in Kansas City, Mo., May 11, 12 and 13.

Peggy Jane Harrison, a member of the Kansas State DAA, has composed the words and music of a song, dedicated to the memory of our Founder, which will be presented at this service.

The words are as follows:

Juliett Southard, bless her memory,  
Set a torch a-flame.

Gave it then into our keeping

Knew we'd give it fame.

High ideals and lofty aims

She wove into our creed;

Let's live up to her conceptions,

Both in word and deed.

### CHORUS:

Juliette, Juliette, ever gallant—ever  
gay,

Guiding star to light us where we  
go;

We'll keep faith, we'll live our  
motto day by day,

Loyal and efficient service show.

Mrs. Harrison is a dentist's wife, as well as an assistant. She is a fine musician and composing is one of her hobbies. Should you wish to have the music for the above song it can be secured by writing to:

*Miss Opal Moore,  
514 Wiley Bldg.,  
Hutchinson, Kansas.*

## Why ADAA Clinics and Poster Exhibits?

(Continued from Page 74)

lotted to the ADA Health Exhibits, where through posters could be shown the part the dental assistant can play in the health service dispensed by the dentist to his patients. State and local societies are urged to contribute to this poster exhibit, as being a part of anything that is sponsored by the ADA is worthy of all the work and support that we bring to it to make it a success.

\* (Editor's Note: Rewritten from a paper presented by Juliette A. Southard at the Clinicians' Luncheon, Cleveland, O., September 10, 1940.)

## THE PHILOSOPHY OF A HUMAN BEING

Being just an ordinary human being, wandering along the pathway of life, I have evolved this simple philosophy to guide me:

To admit that, being human, I am bound to make mistakes, but to make as few as possible and to try to avoid making the same mistake twice.

To never be too enthused over success or too dejected because of failure, for both will pass away.

To consider the feelings of others as I should like to have them consider mine.

To go my way quietly and humbly and not worry too much about mysteries I cannot explain.

To do the best I can, here and now, and let the future take care of itself.

To help folks when I can and leave them alone when that seems best.

To pause in the wild rush of business and take time to enrich mind and soul through worship, reading good literature, looking at beautiful pictures, listening to inspiring music and communing with nature.

To refrain from passing the buck; to take deserved blame though the heavens fall, and never to steal credit due another.

To promptly forget slights and insults, and to hope that others will not hold against me the winged arrows that may in anger or irritation escape my lips.

To share my courage and happiness with others, and keep my fears, heartaches and disappointments to myself.

To meet all the common experiences of human life bravely, and to so live that when the Great Caravan called Death draws up and announces his visit complete, I can leave without fear and trembling.

To admit it when folks tell me I fail to live up to my own philosophy, but to keep trying nevertheless.

—Author Unknown.



# *That High Standard of Living*

Our nation is young—and with the usual temperament of youth—has been somewhat careless of the future—enjoying to the full the pleasures and luxuries of the present. We have neglected “thrift” and nurtured “waste.” Now we have been brought face to face with the fact that something must be done. We now realize that this is no longer a dream world, but is instead one of reality; moreover it is a world at war, and drastic changes are taking place, with doubtless more and greater ones to come.

These changes will, of necessity, be felt by all of us; no one group alone will suffer, but all will in some manner be affected by the strictures of our so-called extravagancies. Ours has been termed the most extravagant nation in the world, and this criticism has come both from within, by our own people, and from other nations whose standard of living has never reached the high plane of our own.

The question now is: Are we to lower our high standard of living, in order to meet the exigencies of war?

If we put aside the so-called luxuries and lead more simple lives, would this tend to lower our living standards? If, for instance, we are compelled to walk more—and ride less—thus bringing about better health and inducing restful sleep—is that not good? If we are required to give up certain foods that our boys in the service may be better fed, may it not be possible that we will acquire better digestion, and again health be improved? Surely this is not the lowering of our living standards. One definition of standard is, “having a recognized value.” Then, what are these “high standards” of our living? Is it the fact that so many of our workmen own their own cars? Is it in senseless fashions? Is it in USELESS luxury? There surely is not too much real value placed on these. But, as a nation, we

do have high standards to maintain, yet the calls for economy must be accepted seriously, and economy CAN be practiced without jeopardizing the high and “recognized” plane to which our people have been accustomed. A lower standard means that our purpose in life declines correspondingly, the horizon of our thinking is restricted, and our ideas become dwarfed.

How then, can we reduce extravagance and practice economy, and yet maintain our high standard of living? The answer is—elimination of “waste.”

What is “waste”? Certainly not the use of our luxuries. Rather it is in the throwing away of many things which still have “use” in them. The excesses over and above the need. And in the ignorance which permits us to discard valuable products; for example, the cotton seed, formerly thrown away, has been found to be of varied commercial value. One of the most important to consider is, of course, preventable disease. Think what “waste” we may be guilty of here. Economy, or self-denial, should not be practiced to the extent that there is neglect of personal needs, in either medical or dental service, or in anything inimical to personal health and the general well being. With all our retrenchment, with the most rigid economy, and with all our elimination of waste—we were recently told by a noted commentator, that three years from now, we still will be far better off than any European country was three years ago.

A valuable lesson in the elimination of waste might be drawn from the words of our former President, Calvin Coolidge, whose example of thrift cannot be denied, and yet whose standard of living and thinking was of the highest, when he said: “Eat it up. Wear it out. Make it do. Go without.”

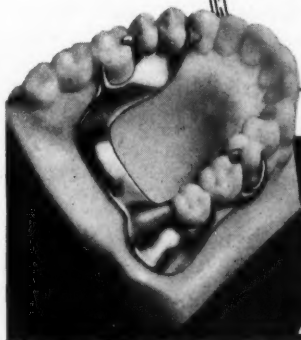
*(Editorial by Dr. E. C. Mills. Reprinted from the August 1942 issue of the Ohio State Dental Journal.)*

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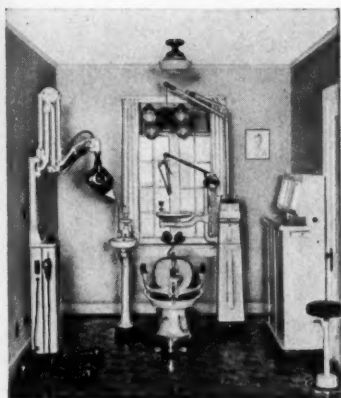
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